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**Activity & Event Newsletter**

301-246-9612 • 301-609-7639 • 301-753-1647 ☀ 4375 Port Tobacco Rd • Nanjemoy, MD 20662

Hours: Monday & Wednesday: 8:30 a.m.–8 p.m. • Tuesday, Thursday, & Friday: 8:30 a.m.–4:30 p.m. | www.CharlesCountyMD.gov

Tips To Boost Your Happiness

Research shows us that happier people tend to report having better physical health, greater psychological well-being, more fulfilling relationships, and a deeper sense of purpose. Fortunately, you can increase your happiness by savoring positive experiences. Here are 5 savoring strategies you can start using today to boost your happiness.



1. Say "thank you." Choose someone who has had a positive impact on your life and write them a letter expressing your gratitude.
2. Treat yourself to learning something new. Regularly schedule uninterrupted time to focus on a hobby or learn a new skill.
3. Increase your appreciation. You can avoid taking good things for granted by imagining what it would be like if you lost them. Try skipping your afternoon coffee or sweets for a week. You'll savor them more after the break.
4. Snap a picture. For the next 30 days, take one photograph a day of something you find interesting, beautiful, meaningful, or enjoyable.
5. Put on your walking shoes. Take a 15 to 20 minute walk each day where you only focus on positive things. Actively search for things that bring out joy, curiosity, or contentment.

Can Nuts Keep Your Brain Healthy?

Nuts are an invaluable food for brain health because they contain essential fatty acids and support cardiovascular health, which has been highly correlated with better brain function.

Data was collected from 15,467 women, aged 70 or older, who completed 4 interviews on the average nut consumption and 4 cognitive assessments over six years. Women who reported being in the highest group of nut consumers (3 servings/month) showed higher performance after age 70 on memory testes, had higher recall speeds, and did better on general cognition assessments. The cognitive scores of the highest group were about two years better than the lowest group when controlled for age.

Inclement Weather Policy

When Charles County Public Schools are closed due to inclement weather, the Nanjemoy Community Center will be closed. The center does not necessarily open late or close early with Charles County Public Schools. Tune in to local radio and television for closing announcements. You may also call the inclement weather line, 301-934-9305 extension 5197.



Activities & Classes

Kick Off the New Year

Feel better and look younger with facial relaxation. We will sit in a circle and focus on our facial muscles.

Monday, Jan. 4 10-11 a.m.
Fee: FREE

Monday Bingo

Come and join the seniors for a day of fun winning useful prizes. It's too much fun to miss.

Monday, Jan. 4, 11, 25 1-2 p.m.
Fee: FREE

New Year's Poems

We will read some New Years and January poems and *Who said it's January*. These poems were sent in to the publishers book that we use for activities.

Tuesday, Jan. 5 10-11 a.m.
Fee: FREE

Council Meeting

This is the meeting all neighboring members need to attend. This is a great group of people raising funds to help the community.

Tuesday, Jan. 5 1-2 p.m.
Fee: FREE

Nickel Bingo

Each Wednesday, Jan. 6-27 1-2 p.m.
Fee: 5¢

Do You Have Plans for The New Year?

Now that the new year is here, what would you like to see happen in the future?

Wednesday, Jan. 6 10-11:30 a.m.
Fee: FREE

Movie Matinee:

Home Is Where The Heart Is

A movie about family and the strength that comes from the love they share for each other and their home. After living apart, three siblings reunite and return to their childhood home.

Thursday, Jan. 7 10-11:30 a.m.
Fee: FREE

Reminiscing On How We Played in the Snow

Let's go back a few years and talk about the fun we had playing in the snow. Did you have a sled or did you have a makeshift sled?

Thursday, Jan. 7 12:45-1:45 p.m.
Fee: FREE

Elvis Presley

Elvis Presley came from a very humble beginning and grew up to become one of the biggest names in rock in roll. Learn more about this icon.

Monday, Jan. 11 10-11 a.m.
Fee: FREE

Listen!

Listening is one of the most important skills. Whether you already have great listening skills or you could use some improvement. Seniors will have one-on-one conversations with each other to test their listening skills.

Tuesday, Jan. 12 10-11 a.m.
Fee: FREE

Warm & Cozy

Warm up your January by finding and circling the warm and cozy words in the puzzle.

Tuesday, Jan. 12 12:45-1:45 p.m.
Fee: FREE

Campfire Sing-Along

Join in and sing some campfire songs. We will also pull out our supply of musical instruments.

Wednesday, Jan. 13 10-11 a.m.
Fee: FREE

National Mail-Order Gardening Month

By searching magazines, seniors will find pictures of landscaping to do around their homes.

Thursday, Jan. 14 12:45-2 p.m.
Fee: FREE

National Hot Tea Month

What could be better on a winter day than a nice hot cup of tea? We will have berry, mint, green, and spice tea.

Tuesday, Jan. 19 10 a.m.-Noon
Fee: FREE

Thank You, Thank You

Seniors will write thank you notes to a family member or anyone who helped them in any way in the year of 2015.

Tuesday, Jan. 19 12:45-1:45 p.m.
Fee: FREE

A Game of Charades

This entertaining game causes great laughs watching the presenter act out the word.

Wednesday, Jan. 20 10-11:30 a.m.
Fee: FREE

Bob Marley

Let's talk about Bob Marley who is credited with bringing his style of music—reggae—to the rest of world. Bob Marley's music will be played.

Thursday, Jan. 21 10-11:30 a.m.
Fee: FREE

Craft Day

Seniors will make monogrammed note cards using sparkly markers, glitter, or whatever they like.

Thursday, Jan. 21 12:45-1:45 p.m.
Fee: FREE

How Would You Handle This?

Roy is a TV addict and Minnie has a problem with it. He was watching so much TV he almost forgot how to hold a conversation. Let's see how you would handle the situation.

Monday, Jan. 25 10-11 a.m.
Fee: FREE

Easy As ABC

Alphabets will be used to enhance creativity. We will use these letters to enhance, extend, and empower our language.

Tuesday, Jan. 26 10-11 a.m.
Fee: FREE

Winter Word Scramble

Words will be unscrambled to make a list of other words you use during the winter season.

Tuesday, Jan. 26 12:45-1:45 p.m.
Fee: FREE

Circle Talk

So far, how are you doing and coping with the new year? Is everything about the same or have you noticed any changes?

Wednesday, Jan. 27 10-11 a.m.
Fee: FREE

Information & Assistance

Through the Senior Information & Assistance Outreach Program, the elderly (age 60 and older) and their families, may access information about programs, services, and benefits. A staff member will be available to answer your questions.

Thursday, Jan. 28 10 a.m.-Noon
Fee: FREE

Open Games

This day is open for seniors to do as they desire. They may choose to play games, sit and talk, or do whatever makes them happy.

Thursday, Jan. 28 12:45-1:45 p.m.
Fee: FREE

Martin Luther King, Jr. Celebration

We will read an article on Martin Luther King, Jr., and talk about his life and what he stood for. His legacy benefited every person in the United States.

Thursday, Jan. 14 • 10-11:30 a.m. • Fee: FREE



January 2016 Event Calendar

 Programs for All Ages
 Youth

 Tots & Younger Children
 Adults

 Seniors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Computer Lab ... 8:30-8:00 Fitness Room ... 8:30-8:00 Billiards Drop In ... 8:30-8:00 Board Games ... 9:30-11:00 Exercise with LaMont ... 11:00-11:45 Bingo ... 1:00-2:00 Open Games ... 6:30-7:30</p>	<p>Walk Fit ... 9:30-10:30 Computer Lab ... 8:30-4:30 Fitness Room ... 8:30-4:30 Billiards Drop In ... 8:30-4:30</p>	<p>Computer Lab ... 8:30-8:00 Fitness Room ... 8:30-8:00 Billiards Drop In ... 8:30-8:00 Strength Training ... 11:00-11:45 Nickel Bingo ... 1:00-2:00 Open Games ... 6:30-7:30</p>	<p>Walk Fit ... 9:30-10:30 Computer Lab ... 8:30-4:30 Fitness Room ... 8:30-4:30 Billiards Drop In ... 8:30-4:30</p>	<p>Computer Lab ... 8:30-4:30 Fitness Room ... 8:30-4:30 Billiards Drop In ... 8:30-4:30</p>	
<div style="border: 1px solid black; background-color: #fff9c4; padding: 10px; display: inline-block;"> <p>Ice Cream Social \$1 per sundae per visit during Center hours!</p> </div>				<p>1 Craft Corner ... 10:00</p>	<p>2</p>
<p>4 Kick Off the New Year ... 10:00-11:00 Monday Bingo ... 1:00</p>	<p>5 New Year's Poems ... 10:00-11:00 Council Meeting ... 1:00</p>	<p>6 Do you Have Plans for the New Year? ... 10:00-11:30 Nickel Bingo ... 1:00</p>	<p>7 Movie Matinee: Home is Where the Heart Is ... 10:00-11:30 Reminiscing On How We Played in the Snow ... 12:45-1:45</p>	<p>8 Open Games ... 10:00</p>	<p>9</p>
<p>11 Elvis Presley ... 10:00-11:00 Monday Bingo ... 1:00</p>	<p>12 Listen ... 10:00-11:00 Warm & Cozy ... 12:45-1:45</p>	<p>13 Campfire Sing-Along ... 10:00-11:00 Nickel Bingo ... 1:00</p>	<p>14 Martin Luther King, Jr. Celebration ... 10:00-11:30 National Mail-Order Gardening Month ... 12:45-2:00</p>	<p>15 Craft Corner ... 10:00</p>	<p>16</p>
<p>18 Martin Luther King Jr. Holiday Center Closed</p>	<p>19 National Hot Tea Month ... 10:00-Noon Thank You, Thank You ... 12:45-1:45</p>	<p>20 A Game of Charades ... 10:00-11:00 Nickel Bingo ... 1:00</p>	<p>21 Bob Marley ... 10:00-11:30 Craft Day ... 12:45-1:45</p>	<p>22 Craft Corner ... 10:00</p>	<p>23</p>
<p>25 How Would You Handle This? ... 10:00-11:00 Monday Bingo ... 1:00</p>	<p>26 Easy as ABC ... 10:00-11:00 Winter Word Scramble ... 12:45-1:45</p>	<p>27 Circle Talk ... 10:00-11:00 Nickel Bingo ... 1:00</p>	<p>28 Information & Assistance ... 10:00-Noon Open Games ... 12:45-1:45</p>	<p>29 Craft Corner ... 10:00 Family BINGO ... 6:00-8:00</p>	<p>30</p>



The Charles County Department of Community Services is pleased to offer this edition of the Nanjemoy Community Center Newsletter, a monthly publication listing events and programs.

**CHARLES COUNTY
COMMISSIONERS**



Equal Opportunity County

**Department of
Community Services**

8190 Port Tobacco Road
Port Tobacco, Maryland 20677
301-934-9305 • 301-870-3388

MD Relay: 711
Relay TDD: 1-800-735-2258

Learn more at...

www.CharlesCountyMD.gov



Mission Statement – The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient, and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning, and have an appropriate managerial organization tempered by fiscal responsibility. We support and encourage efforts to grow a diverse workplace.

Vision Statement – Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

Americans With Disabilities–The Department of Community Services welcomes the participation of individuals with disabilities. As with all County Government, we comply fully with the Americans With Disabilities Act in making reasonable accommodations to encourage involvement. If you require special assistance and would like to participate in our programs, please contact the Department of Community Services.

Charles County Luncheon Program

Available at Noon • Days Vary By Center

Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$3, actual cost is \$5.75 per person. All donations are used to provide meals for Charles



County seniors. Guests (anyone age 59 or younger, or a non-county resident) may order lunch, but must pay the full price of \$5.75.

Lunch reservations must be made by 10 a.m. the preceding day. We appreciate your assistance in keeping costs down. Party and special event meal prices may vary.

- Clark Senior Center**Tuesday-Friday
- Nanjemoy Senior Center**Monday-Thursday
- Indian Head Senior Center**Monday-Friday
- Waldorf Senior Center**Monday-Thursday

Lunch Cancellation Policy: If you have a lunch reservation and cannot dine at the Center, please call the Senior Center PRIOR to the reservation day to cancel your meal. If the meal is not cancelled, the County is still responsible for the full cost of the meal.

A sneak peek at upcoming events

- ✱ Feb. 12 Sweetheart Dance for kids 6-12 yrs old
- ✱ Feb. 11 Senior Valentine's Day celebration
- ✱ Feb. 26 Family Bingo
- ✱ Mar. 12 Dinosaur Babies

New Year's Reflections

Looking back on the months gone by,
As a new year starts and an old one ends,
We contemplate what brought us joy,
and we think of our loved ones and our friends.

Recalling all the happy times,
Remembering how they enriched our lives,
We reflect upon who really counts,
As the fresh and bright new year arrives.

And when I/we ponder those who do,
I/we immediately think of you.

Thanks for being one of the reasons I'll/We'll have a Happy New Year!

By Joanna Fuchs